

What is claimed is:

1. An edible emulsion comprising:

- a) oil;
- b) water; and
- c) insoluble fibers

wherein the edible emulsion is coarse or smooth.

2. The edible emulsion according to claim 1 wherein the edible emulsion is an oil-in-water emulsion or a multiple emulsion comprising an oil-in-water phase.

3. The edible emulsion according to claim 1 wherein the oil is avocado, mustard, coconut, cottonseed, fish, flaxseed, grape, olive, palm, peanut, rapeseed, safflower, sesame, soybean, sunflower, butter fat, chocolate fat, chicken fat, or a mixture thereof.

4. The edible emulsion according to claim 1 wherein the edible emulsion comprises from about 7.5 to about 85.0% by weight oil.

5. The edible emulsion according to claim 1 wherein the insoluble fibers are citrus or non-citrus.

6. The edible emulsion according to claim 5 wherein the edible emulsion comprises from about 0.5 to about 9.0% by weight of the insoluble fibers.

7. The edible emulsion according to claim 1 wherein the edible emulsion further comprises from about 0.1 to about 10.0% by weight emulsifier.

8. The edible emulsion according to claim 7 wherein the emulsifier has an HLB of greater than about 8.0.

9. The edible emulsion according to claim 1 wherein the edible emulsion is a coarse emulsion comprising oil droplets, further wherein at least about 75.0% of all droplets present have a diameter that is greater than about 25.0 μm .

10. The edible emulsion according to claim 1 wherein the edible emulsion is a smooth emulsion comprising oil droplets, further wherein at least about 80.0% of all oil droplets present are less than 10.0 μm .

11. A method for making an edible emulsion comprising insoluble fibers comprising the steps:

- a) mixing, in no particular order, oil, water, insoluble fiber and emulsifier to make a coarse emulsion; and
- b) recovering the coarse emulsion

wherein the coarse emulsion may optionally be homogenized in a homogenizer to produce a smooth emulsion.

12. The method for making an edible emulsion according to claim 11 wherein the coarse emulsion is homogenized in a homogenizer and the homogenizer is pressurized from about 35.0 to about 650.0 bar and at a temperature from about 15°C to about 70°C.

13. The method for making an edible emulsion according to claim 11 further comprising the step of adding acidulant wherein the acidulant is added before or after the coarse emulsion is made.

14. A food product comprising an edible emulsion that comprises:

- a) oil;
- b) water; and
- c) insoluble fibers

wherein the edible emulsion is coarse or smooth.

15. The food product according to claim 14 wherein the food product has a viscosity greater than about 3,000 centipoise and less than about 150,000 centipoise.

16. The food product according to claim 14 wherein the food product is a dressing, soup, sauce, dip, spread, filling or drink.

17. The food product according to claim 14 wherein the food product further comprises an emulsifier.

18. The food product according to claim 17 wherein the emulsifier comprises egg when the food product is mayonnaise.

19. The food product according to claim 18 wherein the mayonnaise comprises less than about 75.0% by weight oil and displays mouth dissipation similar to mouth dissipation of full fat mayonnaise.

20. The food product according to claim 17 wherein the food product is a filling.

21. The food product according to claim 20 wherein the filling comprises cheese and the emulsifier is a milk protein.

22. The food product according to claim 21 wherein the filling is encapsulated in dough.

23. The food product according to claim 21 wherein the dough encapsulated filling is suitable for freezing, refrigeration and heating in a microwave oven.

24. The food product according to claim 14 wherein the food product is substantially free of carbohydrates.

25. The food product according to claim 14 wherein the food product is free of carbohydrates.